

St. Francis Retreats



CASA VETERANS MINISTRY
Connecting. Serving. Healing.

The St. Francis retreats are designed to offer healing insights from one of the most beloved but misunderstood saints, St. Francis of Assisi. Most people don't know that St. Francis was a knight and prisoner of war who faced many hardships and challenges as he healed from his wounds of war and underwent a profound spiritual experience.

"I felt a kindred spirit with the vets and it allowed me to decompress. Less clutter in my mind and spirit." – 2016 Retreat Participant

On the first retreat, *St. Francis: Journey of a Wounded Warrior*, participants will examine, from various perspectives, the challenges confronting veterans in light of the life of a saint who rose out of the ashes of combat to become an icon of peace. Along the way, attendees will look at the life of St. Francis through the eyes of Joseph Campbell's *The Hero's Journey* and Harry Moody's *Five Stages of the Soul*.

On the second retreat, *Beyond A Wounded Warrior*, participants will be invited to go deeper into their spirituality. They will learn various practices and alternative approaches to discover the deeper peace and tranquility that lies within. St. Francis' transformation from wounded warrior to the founder of the Franciscan order forms the foundation for this retreat.



Franciscan Renewal Center
Peace. Renewal. Good.

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The St. Francis retreats are a collaboration between the Casa Veterans Ministry and the pilgrimage leaders of the Franciscan Pilgrimage to Assisi for Veterans Program. This retreat offers veterans, who otherwise would be unable to go to Italy due to cost or disability, an opportunity to experience the same healing insights from the life of St. Francis.

Full and partial scholarships for any veteran in need.

How to get involved:

Email: casaveteransministry@thecasa.org

Subject line: "St. Francis Retreats Inquiry"



Provides a safe place where service members, veterans & their families join in community to find healing from their wounds of service

Casa Veterans Ministry Programs:

- Healing of Memories
- St. Francis Retreats
- St. Joseph's Baskets
- Moral Injury Education
- Community Engagement Events



thecasa.org/casaveteransministry
All are welcome.

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